

7th grade Health

Bala Cynwyd Middle School

Instructor: Mr. Stinson

Room: 120

Class Days: AD, BE, CF

Times: Pd. 6 – 12:26 – 1:16 (A, C, E) / 11:58 – 12:41 (B, D, F)

Pd. 9 – 2:13 – 3:05 (A, C, E) / 2:20 – 3:05 (B, D, F)

Email: stinson@lmsd.org **Web Space:** <http://staff.lmsd.org/stinson>

Phone: 610 – 645 – 1480 ext. 3542

Seek Help:

7:30 am – 9:00 am (office or Rm. 120)

7th grade lunch (office or Rm. 120)

Course Description:

This course is designed to introduce students to some of the current health topics that impact them on a daily basis. Students will be given the opportunity to do research on particular topics and present it to the class via a power point presentation. Students will also gain experience by participating in groups and other differentiated activities to accomplish learning outcomes. The class will consist of daily reviews, group activities, discussions, assignments, quizzes/tests and projects.

Necessary Materials:

1. Pencil or pen (student responsibility)
2. Folder (will be created by student and kept in class)
3. Journal (will be used daily; purchase at school store)

Grading:

- 🌐 Class Participation and Preparation: 15%
 - a. Each class is worth 1 point
 - b. Be prepared with a pencil or pen
 - c. Come to class on time; get out your folder and sit down
 - d. Each student is expected to participate by asking and answering questions during class.
 - e. Disruptions will result in a loss of participation points

- 🌐 Homework: 20%

- Check the eboard for assignments and due dates.
- Assignments will be announced in class.

🌐 Class Work: 50%

- A majority of your work will be done in class. If your work is not finished, it will be assigned for homework. Being productive in class is a good way to decrease the amount of work outside of class.

🌐 Quizzes and Tests: 15%

- Quizzes and tests will be assigned throughout the year. It is recommended that you study your notes at home.

Grading Scale:

Outstanding (O)	Satisfactory (S)	Unsatisfactory (U)
100% - 87%	86% - 65%	64% and below

Quotes:

Jim Rohn: “Take care of your body. It’s the only place you have to live.”

Ralph Waldo Emerson: “The first wealth is health.”

Leigh Hunt: “The groundwork of happiness is health.”

Anthony Robbins: “The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.”



HAVE A GREAT YEAR!!!!!!!